

KINGS COUNTY 4-H FOOD OLYMPICS



2017 Recipes



University of California

Agriculture and Natural Resources

4-H Youth Development Program

Avocado Salsa

Angelina Raulino – Island 4-H
Intermediate Division
Overall Favorite Foods Winner

4 oz. package frozen corn, thawed
2 chopped cucumbers
1 can (2 ¼ oz.) black ripe olives, sliced, drained
1 red bell pepper, seeded and chopped
1 cup chopped onion
6 cloves garlic, minced
1/3 cup vegetable oil
¼ cup lemon juice
3 T. white vinegar
1 tsp. dried oregano
½ tsp. salt
¼ tsp. freshly ground pepper
4 ripe avocados

In a large bowl, combine the corn, cucumber, olives, red pepper and onion. In a small bowl, combine garlic, oil, lemon juice, vinegar, oregano, salt and pepper; mix well. Pour over corn and cucumber mixture; toss to coat. Cover and refrigerate overnight. Just before serving, chop avocados and stir into salsa. Serve with tortilla chips.

Banana Bread

Gianna Warmerdam – Kings River 4-H
Junior Division Winner

¾ cup sugar
½ cup butter, softened
2 eggs
2 medium (1 cup) bananas, mashed
½ tsp. vanilla
1 ½ cups all-purpose flour
½ tsp. baking soda
½ tsp. salt
¼ tsp. ground cinnamon

Heat oven to 350°. Combine sugar and butter in large bowl. Beat at medium speed, scraping bowl often, until creamy. Add egg; continue beating until well mixed. Reduce speed to low; add bananas and vanilla. Beat until well mixed. Stir in all remaining ingredients by hand.

Spoon batter into greased and floured 8" x 4" loaf pan. Bake for 60-70 minutes, or until toothpick inserted in center comes out clean. Let stand 10 minutes. Remove from pan. Cool Completely.

Caramel & Coffee-Infused Crème Brulee

Shyanna Ward – Kings Harvest 4-H
Intermediate Division Winner

Coffee:

½ cup whipping cream
2 tsp. dark roast coffee grounds

Custard:

6 egg yolks
1/3 cup sugar
1/8 tsp. salt
1 ½ cup whipping cream
1/3 cup caramel sauce
Boiled water
4 tsp. raw sugar

In small saucepan bring ½ cup whipping cream and coffee to a simmer and remove from heat. Let simmer for 30 minutes.

Meanwhile:

Preheat oven to 325°. In a large bowl whisk the yolks, sugar and salt until blended. Set aside. Pour caramel sauce in a separate bowl; add in 1 ½ cup whipping cream. Strain coffee-infused cream into the caramel cream, throw away coffee grounds. Slowly mix cream mixture into egg mixture and whisk until well combined.

Arrange four 6 oz. ramekins in a roasting pan and divide cream mixture among all 4 ramekins. Pour enough boiled water into roasting pan to come halfway up sides of ramekins. Bake for 1 hour 10 min., when done put ramekins in refrigerator for 40 minutes. After 40 minutes sprinkle 1 tsp. raw sugar on top of each ramekin and put under pre-heated broiler for 2 minutes or until sugar is melted and brown.

Refrigerate for at least 3 hours and serve cold.

Chocolate Lasagna

Laura Denham – Grangeville 4-H
Senior Division Winner

1 pkg. (36 cookies) Oreos
6 T. butter, melted
1 brick (8 oz.) cream cheese, at room temperature
¼ cup sugar
3 ¼ cups milk, plus 2 T., divided
1 tub (12 oz.) Cool Whip, divided
2 (3.9 oz.) packages instant chocolate pudding
Mini chocolate chips

Use a zip top bag and a rolling pin to crush the Oreos into fine crumbs. Into a medium bowl, pour in the cookie crumbs and melted butter. Stir until mixed. Pour into a 9 x 13 baking dish and use a spatula to evenly press the crumbs across dish.

In the same bowl, add the cream cheese and beat with a hand mixer until fluffy. Add in the 2 T. of milk and sugar and mix well. Use a spatula to divide the Cool Whip in half and fold half into the cream cheese mixture. Spread the cream cheese mixture over the cookie crust and pop into the fridge to set for 10 minutes.

While it's setting, to a large bowl, add the pudding mixes and 3 ¼ cups milk and beat on medium until it starts to thicken. Spread the pudding mixture over the cream cheese layer. Set in fridge for 10 minutes. Once set, spread the remaining Cool Whip over the top, sprinkle with chocolate chips. Cover with plastic wrap and let chill for at least 4 hours in the fridge before you slice.

Healthy Tuna Stuffed Avocado

Steven Loogman – Kings River 4-H
Healthy Living Winner

1 avocado, halved and pitted
1 (4.5 oz) can tuna, drained
¼ cup diced red bell pepper
1 T. minced jalapeno
¼ cup cilantro leaves, roughly chopped
1 T. lime juice
Salt & Pepper (to taste)

Scoop out some of the avocado from the pitted area to widen the "bowl" area. Place the scooped avocado into a medium-size mixing bowl. Mash it with a fork.

Add the tuna, bell pepper, jalapeno, and cilantro to the mixing bowl. Pour lime juice over and stir it all together until everything is well mixed.

Scoop the tuna into the avocado bowls. Season with salt & pepper.

Root Beer Float Cupcakes

Lilly Barcellos – Mid Valley 4-H
Intermediate Division

Cupcake:

¼ cup soft butter
3 eggs
2 ½ cups flour
2 ½ tsp. baking powder
½ tsp. salt
1 ½ cups sugar
1 T. root beer extract
½ tsp. vanilla
1 ¼ cups root beer

Preheat oven to 350°. Line muffin pans with paper liners. Stir together flour, baking soda and salt and set aside. Cream together butter and sugar until fluffy. Mix in eggs, root beer extract and vanilla extract. Gradually add flour mixture and root beer until combined. Fill each cup 2/3 full. Bake for 15-20 minutes or until toothpick inserted comes out clean. Cool in pan for 10 minutes before transferring to a wire rack to cool.

Frosting:

5 cups powdered sugar
3 cups shortening
2 T. root beer extract
1 egg white and 2 oz whipping cream
Maraschino cherries

Beat powdered sugar and shortening for 3-5 minutes, add egg white and beat 3 more minutes. Add whipping cream and root beer extract and beat 3 minutes. Put icing in a cake decorating bag. Pipe a swirl on top of the cupcake and add a cherry.

Sliced Caramel Apples

Laney Dorrough – Oakvale 4-H
Intermediate Division

Apples
White or Wooden Lollipop Sticks
Melting Chocolate
Caramel
Toppings- optional (nuts, coconut, sprinkles)

First wash and slice your apples, remove the seeds, insert the stick at the bottom, and pat the apple slices dry. Cover each apple slice in melted chocolate and place on a piece of wax paper to dry. Continue this process until all of your apples are covered in chocolate and have hardened. Drizzle the caramel & other toppings on top of your apple slices. Let harden & enjoy!

Nanny's Chocolate Fudge Brownie Cake

Angelina Raulino – Island 4-H
Intermediate Division

1 box chocolate cake mix
1 box fudge brownie mix
4 eggs
1 ¼ cups water
1 cup oil
1 can chocolate fudge cake icing

NOTE** Do NOT use the ingredients on the brownie mix and cake mix, just what is listed above.

Preheat oven to 350°. Grease and lightly flour an 8 or 9 inch bundt pan. In a bowl add the cake mix, brownie mix, oil, eggs and water. Pour into bundt pan and bake 50-55 minutes or until toothpick comes out clean.

Let cake cool for 10 minutes in bundt pan. Take cake out of the pan and onto a cooling rack, and then transfer to a serving plate after it has completely cooled.

In a small bowl, add ½ tub of ready to use cake icing, and melt in the microwave 30-45 seconds until it is able to be drizzled over cake.

Grandma Carol's Lemon Meringue Pie

Kendra Ward – Kings Harvest 4-H
Intermediate Division

Crust:

1 ½ cup all purpose flour
½ tsp. salt
4 T. vegetable shortening
5 T. cold unsalted butter
3-5 T. cold water

Lemon Filling:

½ cup water
6 T. cornstarch
3 egg yolks
6 T. fresh lemon juice
1 ½ cup water
1 ½ cup white sugar

Meringue Topping:

3 eggs whites
¼ cup white sugar

For Crust: Whisk together flour and salt, and then add shortening, working it until crumbly. Cut butter into small cubes, add the butter to flour mixture, and work it roughly with fingers. Add four tablespoons of water, and toss to combine till chunky and cohesive. Wrap in plastic, and chill for 30 minutes, or overnight. Roll out pie dough on a floured surface to desired thickness, lay in pie pan, trim edges, then with a fork poke holes in it. Bake at 400° for 20 minutes or until lightly browned. Set aside to cool.

For Filling: Mix ½ cup water and 6 T, of cornstarch, set aside. Then mix 3 egg yolks with 6 T. lemon juice and set aside. Put 1 ½ cup of water and 1 ½ cups sugar in a pan and heat till boiling. Add cornstarch/water mixture, and stir till thick and clear. Then add egg yolk/lemon juice mixture, stir and remove from heat, pour in pie shell.

For Topping: Beat the 3 egg whites until frothy. Very slowly add ¼ cup of sugar and beat until there are stiff peaks that stay up, and then spread it on the filling. Bake entire pie for 7-9 minutes at 375°. Enjoy!

Monkey Bread

Paige Clarke – Senior Division
Island 4-H

4 tubes Pillsbury Country biscuits
1 tsp. cinnamon
½ cup sugar
¾ cup butter
½ cup brown sugar
½ tsp. cinnamon

Butter a bundt pan. Cut biscuits into quarters and separate. Combine 1 tsp. cinnamon and ½ cup sugar. Then dip biscuit pieces in mixture until coated. Drop pieces into buttered bundt pan one-by-one. Boil butter, brown sugar, and ½ tsp cinnamon for 2-3 minutes. Then let cool for 5 minutes. Pour over biscuits and bake at 350° for 25 minutes. Serve immediately.

Mexican Chopped Salad

Lilly Barcellos – Mid Valley 4-H
Healthy Living Category – Intermediate Division

Dressing:

¼ cup fresh lime juice
2 T. honey
½ tsp cumin
1 clove of garlic, finely minced
1/2 tsp. salt
2 T. canola oil
2 T. extra virgin olive oil
Fresh ground pepper & salt to taste

Salad:

6- 6 inch corn tortillas
1 ½ T canola oil
½ tsp. salt
1 medium head romaine lettuce, chopped ½ inch pieces
1 medium bell pepper, diced ¼ inch (use any color you want)
½ medium red onion, diced ¼ inch
½ medium jicama, peeled and dices ¼ inch
1 medium zucchini, diced ¼ inch
4 medium tomatoes, seeded & diced ¼ inch
4 ears of corn or 1 ½ cups sweet tiny frozen corn
1 ½ cups canned black beans, drained and rinsed
½ cup finely chopped cilantro

For Dressing: Combine juice, honey, cumin, garlic and stir. Slowly add oils, stirring continuously. Taste, add more salt and pepper if needed, set aside.

For corn tortilla strips: Preheat oven to 400°. Cut tortillas in thin strips about ¼ inch thick. Transfer to sheet pan. Drizzle with oil, sprinkle with salt and toss to coat. Bake 15 to 20 minutes, stirring every 5 minutes. Cool.

For salad: Cook the corn in microwave for 3 ½ minutes, cool. Combine corn and other ingredients in a large bowl. Stir to combine, add dressing and stir to coat all ingredients. Garnish with whole cilantro leaves if desired. Serve with tortilla strips on top or on the side and let the guests help themselves.